

BORNDARA

Bicycle Users Group

Rides Supplement December 2008

Camberwell Downhill Gourmet Bike Riders

November Ride – East Malvern to Sandringham, Sunday 16th November 2008.

This ride attracted a somewhat larger number of riders than the previous few, thirteen in all, with a few appearing to greet the group along the way. We met at East Malvern Railway Station Car Park and rode through the Urban Forest and Boyd Park to join the Rosstown Rail Trail at the Hughesdale end. A very informative brochure with a map of the trail is available from Glen Eira Council. We followed the trail to Elsternwick where we stopped for a morning coffee. From there it was a short stretch along the service road beside the Nepean Hwy, across the pedestrian overpass, down the Elster Creek and Elwood Canal to the coast. We then headed down the Bay to Sandringham where we ate lunch on the foreshore. Some opted to catch a train from here but many chose to ride home by various routes and enjoy more of the near perfect riding conditions. Including options for a shorter or a longer ride works well for the group.

Thanks to Geraldine and David Powell for organising this very pleasant ride.

Dinner: November 21st.

A somewhat smaller group than usual, fourteen in all, met for dinner at 7pm at the Riversdale Hotel. The food was good and the conversation lively as usual. A number of people put their names down to lead rides in 2009 but there are still some gaps. If you are willing to fill one of them please contact Elva Parker on 9836 6392.

Thanks to Elva for organising this very enjoyable social event.

The CDGBR rides will continue in 2009 on the third Sunday of each month. There will be no ride in December and the first ride for 2009 will probably be the traditional ride to the Botanical Gardens, Details of the meeting arrangements are not yet available, but this supplement will be revised when they are.

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website:

<http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphij@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm - 12 March , 9 April, 14 May, 11 June

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

The group rides on the 2nd and 4th Monday, but will possibly move to weekly rides as interest grows. Meet at 10am at the nominated place. BYO drink. Most rides are 20-25km (3hrs approx) As no liability is taken by the SHNC, cyclists are encouraged to join Bicycle Victoria, and RACV Bike Assist as an optional extra. Bookings essential t the Centre Monday to Friday 10am-4pm. Surrey Hills Neighbourhood Centre, 157 Union Rd, Surrey Hills 3127; phone: 9890 2467; email: info@surreyhillssnc.org.au ; www.surreyhillssnc.org.au

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group - Rides Program

Seniors Bike rides in 2008

- The 1st and 3rd Wednesday rides are short (20- 30km). The 2nd and 4th Wednesday rides are more challenging, (50- 60km). NB There are no short rides in July and August
- We meet at **10am**. (see below). Check the timetable to catch a train to arrive before 10am. A coffee stop is found midmorning! We take our own lunch and picnic together on the long rides.
- If the temperature is 30°C or above on the day, the long rides will be cut short.
- Please contact **Janet Bennett** by e-mail janpeter@bigpond.net.au or on **9853 9808** to discuss details.

All riders are requested to join COTA. We also recommend that riders join Bicycle Victoria.

Date	Place to meet	Description and alternate leaders	Kms.&Grade
Dec 3 rd	Jacana station MEL 6 G12	Short ride to return to Docklands	25km. Easy
Dec 10 th	Lilydale Station. MEL 38 D4	We will ride the Warburton rail trail and return. People are welcome to ride to lunch and return.	40 or 80km. Medium
Dec 17 th	Royal Park station Mel 29 E11	Christmas lunch ride to Graduate House, 220 Leicester St., Carlton. Ring Janet to book	20km, Easy

Whitehorse Cyclists Inc

Last updated 30 November 2008

Date	Day	Ride Grade	Destination	Meeting place	Distance	Leader Contact
2-Dec	Tue	E	Eltham	A pleasant ride to Eltham, M/T, and beyond	30	Marion H 0400178194
2-Dec	Tue	M/H	Kinglake	Craieburn, Whittlesea, Kinglake, Yarra Glen	70	John C 0438566977
4-Dec	Thur	M	Listerfield Lake	Jells Pk (10:30am), Belgrave, Listerfield Lake, Dandenong	60	Bob&Lindsay B 98012809
7-Dec	Sun	M	Eastern creeks	Eastern creeks	40	Anyone Geoff D 9836 1414
9-Dec	Tue	E	Doncaster Hills & Thrills	Koonung Ck, Mullum Nth tr, Westerfolds Pk, M/T, Ruffey Ck		Graeme M 9878 1601
9-Dec	Tue	M/H	Four Uglies	Sassafras, Monbulk, FTG, Mt Dandenong, Mt Evelyn, Montrose, Sassafras	70	John C 0438566977
9-Dec	Tue		Club Night	Box Hill Community Arts Centre		Bob & Lindsay B 98012809
11-Dec	Thur	M	Merri - Moonee	Up Merri Ck, down Moonee Ponds Ck	60	Bruce D 98521921
14-Dec	Sun	M	Heathmont	Heathmont and return	34	Elaine H 98771434
16-Dec	Tue	E/M	Hoppers Crossing	Hoppers Crossing, M/T, Sanctuary Lakes, Coast Pth, City, Richmond RS. (BYO lunch)	50	Ken R 9801 7157
16-Dec	Tue	M/H	Ring Road	Greensborough, Ring Road Tr, Footscray	60	John C 0438566977
18-Dec	Thur	M	Christmas Pub Lunch	Mullum Mullum Tr, Beasleys Nursery, Templestowe Pub	30	Peter L 98425193
21-Dec	Sun	M	Bayswater	Koomba Pk, Bayswater, return to Prk	40	Ursula C 0411106664
23-Dec	Tue	E	Eltham	Yarra Tr, Diamond Ck tr, Eltham, M/T, return	33	Gill B 9725 5310

23-Dec	Tue	M/H	Beaumaris	City, Beaumaris	60	John C 0438566977
25-Dec	Thur	M	No Ride	No Ride		No Ride
28-Dec	Sun	M	Anywhere	Anywhere you like		Anyone
30-Dec	Tue	E	TBA	TBA		TBA
30-Dec	Tue	M/H	St Andrews	Eltham, St Andrews, Warrandyte	70	John C 0438566977
1-Jan	Thur	M	Mystery	Anywhere you like (preferably in an Easterly direction)	?	Anyone
2-Jan	Fri	M	Williamstown Criteriums	M/t Yarraville, Williamstown, return	40	Jacques F 94972306
4-Jan	Sun	M	Federation Sq.	Koonung Tr, Yarra Tr, Fed. Sq. , return	40	Ursula C 0411106664
5-Jan	Mon	M	Portarlinton Criteriums	Ferry to Queenscliffe, Portarlinton, return	70	Jacques F 94972306
6-Jan	Tues	E	Dandy-Fern circuit	Dandenong Ck tr, Scoresby, M/T, Ferny Ck tr, Fern Tree Gully, Boronia, return	30	David Y 98848037
6-Jan	Tues	H	Lilydale	anywhere you like	60	Barry McC 98481154
8-Jan	Thur	M	Elwood	Yarra tr. Via Fairfield, City, Beach tr, Rosstown tr, Anniversary tr, Koonung tr.	60	Mike T 98593647
11-Jan	Sun	E/M	Southern Star Circuit	Ferris Wheel???	40	Mike McN 98304195
13-Jan	Tues	E	Brighton	Anniversary tr, Mu, Elwood, M/T, Bayside pth, South rd, E.Boundary Rd, return	37	David M 98857673
13-Jan	Tues	CLUB NIGHT B.B.Q.		Eat, Drink and be Merry in Surrey Park		Lindsay B 98012809
15-Jan	Thurs	M	Carrum	Gardners ck tr, Hughesdale, Beaumaris, Carrum, Dandenong, Valda av.	52	TBA
18-Jan	Sun	M	Greensb'gh Loop	Greensborough, and return	40	Doug H 98771408 0408319360
20-Jan	Tues	E	Dandenong	Eastlink tr, Dandenong, M/T, return via Dandenong Ck tr.	35	Ken R 98017157
22-Jan	Thurs	M	Reservoir & roundabout	Valda, M/T@ Heidelberg, Banksia st, Darebin Ck, Lalor RS, Lunch @ Edwards Lake, Merri Ck Path	58	Russell H. 98417141
25-Jan	Sun	M	Anywhere	Anywhere you like		Anyone
27-Jan	Tues	E	StKilda Pier	Yarra tr, City, light rail tr, Sth Melb, St Kilda Pier, M/T, Albert pk, Morrell bridge	30	Gillian B 97255310
27-Jan	Tues	H	St Andrews	Diamond Ck tr, Eltham, St Andrews, Kangaroo Gd, Warrandyte, Tyndalls, Reynolds, Andersons Ck Rds, Blackburn rd , Koonung tr.	96	John C 0438566977
29-Jan	Thur	M	Stud Pk	Bayswater, FTG, Stud Pk Shopping Centre, Wellington Rd, Ringwood	50	Bruce E 98484804
1-Feb	Sun		TBA	TBA		TBA
3-Feb	Tues	E	Clifton Hill	Koonung Ck, Yarra tr, Chandler bridge, Clifton Hill, M/T, Lwr	30	George C 98780293

				Heidelberg Rd, The Boulevard., return		
3-Feb	Tues	H	Pakenham - Valda, via Sassafras	Pakenham, Army, Huxtable, Matters, Paternoster Rds, Emerald, Emerald/Monbulk rd, Emerald/Kalista Rd, Kalista, Sherbrooke rd, Sassafras, The Basin, Dandenong Ck, Mitcham, Koonung Ck Trail.	75	John C 0438566977
5-Feb	Thurs	M	Hoppers Crossing	Footscray Rd, to Millers rd, M/T, Federation Tr, Hoppers Crossing, L, Hoppers La, Sneydes Rd, Pt Cook Rd, Sanctuary Lakes, Coastal Pth, Williamstown, return	75	Jacques F 94972306
8-Feb	Sun	M	TBA	TBA		TBA
10-Feb	Tues	E	TBA	TBA		TBA
10-Feb	Tues	H	Tullamarine	M/t @ Kensington, Marybryong trail, Brimbank Pk, ring rd rt, Lunch - Tullamarine, down Moonee Ponds tr, Capital City, Yarra, Koonung tr.	100	John C 0438566977
10-Feb	Tues	CLUB NIGHT		Box Hill Community Arts Centre Station St Box Hill		Bob B 98012809

Banyule Bicycle User Group—Rides Program Dec 2008 – Jan 2009

Rides start from Heidelberg Park (Melway ref 32 B4) except as otherwise indicated. Visitors are welcome to just turn up. Contacts/leaders can provide additional information if required.

EasyRide: Every Tuesday and Friday **9.30am** – relaxed pace and informal, with break for coffee/snack/chat. Contact: Les B. 9435 0615. Regular Friday program below, Tuesdays by consensus.

Day in Month	Ride Description
1 st Friday	Eltham Library Café – 25 km. Main Yarra Trail & Diamond Ck. Trail. Break at café.
2 nd Friday	Fairfield Boathouse – 20 km. Main Yarra Trail. Break at café.
3 rd Friday	Studley Park Boathouse – 25 km. Main Yarra Trail. Break at café.
4 th Friday	Mailing Road Canterbury – 22 km. Main Yarra Trail & Anniversary. Break at café

HarderRide: every Tuesday & Sunday **9.00am** BYO morning tea. Check program below.

Dec	Ride/Event	Description	Leader
Tue 2	<i>Diamond Creek</i> 40 km	Out by Diamond Valley Trail and aqueduct route to Diamond Creek for break. Diamond Valley Trail home.	Maurie A/ 0409 186082
Sun 7	<i>Hampton</i> 70 km	Out by city, port and Bay Trail. Break at Brighton or Hampton beach. Return by streets and Anniversary Trail (H1). Train return convenient from Hampton or Brighton Beach.	Graeme W/ 9435 9687
Tue 9	<i>Craigieburn</i> 73 km	Out through Springthorpe (H2 to Waiora Rd), Bundoora Pk, Ring Rd & Hume Trail to Craigieburn (break at "City of Whittlesea Public Gardens" Lalor). Lunch in Roxburgh Park, then home by Broadmeadows Valley Trail (long downhill), Moonee Ponds Creek Trail, streets to Merri Ck Trail. If strong N.wind, Broadmeadows line train to Craigieburn & return via Hume trail – check with ride leader.	Les D/ 9459 2701
Wed 10	End-of-year Function – Lower Plenty Hotel - 6:30 pm		
Sun 14	<i>Kalparrin Gardens</i> 25 km 2 hour* .	River Gum trail to Watsonia (H1), Old Greensborough Road and cross Grimshaw St. Break at Gardens. Return via Plenty River Trail.	Lou B/ 9459 6887
Tue 16	Festive ride Fairfield	Combined BUG morning tea/lunch. Bring something yummy to share. Groups ride independently and choose a	Alan P/ 9435 9421

	Boathouse Park.	route aiming to meet at park at about 11:30 am for extended morning tea/lunch. Main Yarra Trail home (10 km).	
Sun 21	<i>Gardens in Lalor</i> 41 km	Out through Springthorpe (H2 to Waiora Rd), Bundoora Pk, Ring road, Dalton Rd, left at David St and streets west to "City of Whittlesea Public Gardens". Return by Hume Trail, Ring road.	Richard B/ 9459 8648
Tue 23	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement	

January 2009

Sun 18	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement
Tue 20	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement
Sun 25	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement
Tue 27	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement

* 2 hour rides may be lengthened or varied if all present agree.

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights** - 20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

Manningham BUG

For general enquiries ring Harvey (03)9890-8006 or Garry (03)9439-5016

Mid Week Rides

There are rides on most Wednesdays. Meet at 9:30am at Warrandyte (outside Pasta Mania) for a local ride every second week, alternating with a 10am meeting at a distant location for a longer ride. Contact Don 9848-5803

Interested?

[Email us to find out more about the BUG - harvey@edwards.net](mailto:harvey@edwards.net)

Melbourne Bicycle Touring Club

Ride and Club Night Programme: Dec 08 – Feb 09

December			
Thu 4 Dec	Peter's Trip to the UK: The Lake District		Peter
Sat 6-Dec	Fairfield to Ringwood via Eastlink	60km Medium	Joe Kenwright
Sun 7-Dec	Two Reservoirs Ride	60km Medium	Geoff Sutter
W/e 6/7 Dec	Walhalla & Coopers Creek	100km Medium	Glenn Rodda
W/e 6/7 Dec	Bright to the Blue Duck Inn & back	Long & climbing	Claire Noonan
Tue 9 Dec	Tonimbuk and beyond. A loop around Bunyip State Park with some spectacular scenery and lovely views. MTB	80km Hard	Fred Surr
Thu 11-Dec	Jason den Hollander on the Government Transport Plan		Jon
Sat 13-Dec	Central Highlands Gourmet & Christmas Shopping	60km Medium	Heather Margetts
Sun 14-Dec	Boathouse to Books to Boathouse: Fairfield to Eltham & return via the Yarra Trail	25-50km Easy/medium	Peter Medforth
Tue 16-Dec	Lebanese Lunch in the city	Tasty	Kirsty Harris
Thu 18-Dec	End of Year BBQ. Christmas BBQ location has been CHANGED. It is just down the river at the Kevin Bartlett Sport and Recreation Centre, FR Smith Drive (behind Burnley Horticultural College)		Graham
Thu 25-Dec	No club night	Merry Christmas	
27-Dec-10 Jan	Tasmanian exploration	600km	Pete Signorini

January

Thu 1-Jan	Morning ride along the Yarra Trail	40km Medium	Paul Schofield
Thu 1-Jan	No club night	Happy New Year	
Sun 4-Jan	Amy's Ride. Tour the Bellarine Peninsula and raise money for the Amy Gillett Foundation at the same time	22, 65 or 120km	www.amygillet.org.au
Thu 8-Jan	Social Night		Glynn
Sat 10-Jan	Bike Paths of Melbourne. Explore the Anniversary, Plenty River and Merri Creek Trails	70km Medium	John Foster
Long W/e 8/11 Jan	Base Camp Buninyong. Watch Australian Open Road Racing, camp in a vineyard, day rides later. Stay 1 day or 4. Plus book-swap, bring a book and take a replacement home	20-60km Easy	Pat Kelso
Tue 13 Jan	Warragul to Lilydale. Glorious scenery and four decent climbs. Subsidised.	100km Hard	Jon Miller
Thu 15-Jan	Tantalise your tastebuds at the Social Night along with Trip Planning		Jon
Sat 17-Jan	Hurstbridge to St Andrews to Hurstbridge	30km Easy	Geoff Sutter
Sun 18-Jan	Federation Square to Frankston Annual Pancake Ride	2, 45 or 90km Easy, medium or hard	Peter Boemo
W/e 17/18 Jan	Belgrave to Hurstbridge via Lilydale A scenic route through The Patch and Silvan to Lilydale; overnight camping at Robyn and Gerry's (BYO food, tent and bathers)	80km Medium	Gerry Cornish
W/e 17/18 Jan	Chinaman's Creek and Mt Cole State Park. Bush camping, gravel tracks, some hills and possibly a winery. Subsidised	100km Medium/hard	Jon Miller
Thu 22-Jan	Another Central Australia Trip by Lynn & David		Graham
Sun 25-Jan	Werribee to Lara via You Yangs. Mainly sealed roads - Touring bike recommended, to do the optional You Yangs circuit	42 or 54km Easy/medium	John Hughes
W/e 24-26 Jan	Hurstbridge to Lilydale via Yea & Alexandra & Warburton	250km Hard	Peter Boemo
Thu 29-Jan	An Autumn tour from Bairnsdale to Brisbane (nearly!) by Heather & Leon		Harry
Sat 31-Jan	Mordialloc to Merricks	80km Medium/hard	Rob Beswick
Sun 1-Feb	Hughesdale to the city via various bike paths & eateries	20km Easy	Norm Appleby
W/e 31 Jan-1 Feb	Camp in a winery on the Grand Ridge Rd	100km Medium	Glenn Rodda

February

Thu 5-Feb	Guide to touring /camping for complete novices		Kirsty
Fri 6-Feb	Night ride - Mordialloc. Commencing at Port Melbourne at 7.00pm, riding Beach Road to Mordialloc for a bite to eat.	60km Medium	Judy Beswick
Sat 7-Feb	Warragul & scenic Mt Worth. Including Lardner's Track & the great descent into Yarragon. Subsidised	75km Medium/hard	Kerry McLinden
21-28 Feb	King Island. Ride on quiet roads. Experience the island's famous cheeses and seafood. Stay in secluded campsites. Limited to 18 people. Pay a deposit now to secure a place. This King Island ride is supported by the Tasmanian Government through Events Tasmania	300km Medium	Jon Miller

For information on the above rides, please contact the Touring Secretary, Jon, on (03) 9523 1694, or at rides@mbtc.org.au . Please note that this e-mail address doesn't get checked every day - so don't expect an immediate response!

About the Ride Gradings

Easy: Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist.

Medium: Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required.

Hard: Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

YHA

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

YHA contacts: Ride Co-Ordinator Kathy on rides@yhacycling.org.au or mobile 0425-792 574, or Secretary Voula on secretary@yhacycling.org.au; website: <http://yhacycling.org.au>

Rides Calendar

Date	Description	Distance	Contact
Saturday 6 and Sunday 7 December	Rutherglen - winery ride	East	Nick, Colleen, Rob and Anne